

HOUSEWIVES' CORNER.

MARKET PRICES.—Thinking that a knowledge of the prices of the principal articles at the leading Liverpool market, and at Birkenhead, may be useful, as well as interesting, to many of our female friends, having household cares upon their hands, we have procured a list, and intend to continue it weekly.

	LIVERPOOL.								BIRK'HEAD.			
	SATURDAY.				WEDNESDAY.				SATURDAY.			
	s.	d.	s.	d.	s.	d.	s.	d.	s.	d.	s.	d.
Beef, per lb.	0	6½	0	8	0	0	0	0	0	6½	0	7
Mutton "	0	6½	0	7	0	0	0	0	0	6½	0	7½
Veal "	0	7	0	8	0	0	0	0	0	7½	0	8
Lamb, fore qr "	9	0	10	0	0	0	0	0	0	0	0	0
Do. hind do. "	6	0	7	0	0	0	0	0	0	0	0	0
Fresh Pork "	0	6½	0	7	0	0	0	0	0	6½	0	7
Salmon "	1	8	0	0	0	0	0	0	1	8	0	0
Soles "	0	8	0	0	0	0	0	0	0	10	0	0
Cod Fish "	0	2	0	0	0	0	0	0	0	2	0	3
Fresh Butter "	1	4	1	5	0	0	0	0	1	3	1	4
Salt Ditto "	0	10	1	0	0	0	0	0	1	0	1	1
Eggs, per 120. . .	7	4	7	6	0	0	0	0	8	0	0	0
Potatoes, pr. peck	2	6	2	8	0	0	0	0	2	3	2	4
Fowls, per couple	2	6	3	0	0	0	0	0	2	9	3	0
Ducks, "	3	0	0	0	0	0	0	0	0	0	0	0
Turkeys, each	3	6	8	6	0	0	0	0	4	0	5	0
Rabbits pr. couple	2	0	0	0	0	0	0	0	2	0	0	0

DIETARY FOR PERSONS SINKING FOR WANT OF FOOD, OR AFFECTED WITH DYSENTERY, ARISING FROM WANT.—Recommended by Sir Philip Crampton, one of the very highest medical authorities in this or any other country, for the information of persons to whom the distribution of supplies of food may be intrusted. The following preparation has been found eminently serviceable in such cases:—1. Rice.—2. Sago.—3. Arrowroot; of each a pound.—4. Canella Alba, a coarse and cheap kind of cinnamon, and a valuable tonic, half an ounce. Boil slowly in a sufficient quantity of water, until the whole is reduced to a thickish jelly; sweeten with lump sugar, and season with port wine, in the proportion of two table-spoonfuls to each half-pint of the jelly; add, when diarrhoea or dysentery is present, thirty drops of laudanum to the quantity of jelly consumed in twenty-four hours by an adult. An infant under one year old should not take more than two drops of laudanum three times in the course of twenty-four hours, at intervals of not less than four hours; five drops every six hours may be considered as an average dose for a person from ten to twenty years of age. This direction is offered for the information of those who may not be within the reach of medical advice. Tapioca, or barley, may be substituted for arrowroot, when the latter is not easily to be procured.—*Dublin Evening Mail.*

UNFERMENTED BREAD.—The present is a very seasonable time for our giving insertion to the following paragraph from *Chambers' Edinburgh Journal*, of the 11th of July last, in which is reviewed a work entitled *Instructions for Making Unfermented Bread*, by a Physician. London: Taylor and Welton.—“The primary object of the pamphlet already quoted, is to explain a mode of making bread without the use of yeast, the raising process being accomplished by carbonate of soda and muriatic acid. The formula recommended for bread made of *wheat meal* (that is, the flour of entire grain) is—wheat meal 3 pounds avoirdupois, bicarbonate of soda, in powder, 4½ drachms troy, hydrochloric acid 5 fluid drachms and 25 minims or drops, water 30 fluid ounces, and salt ⅔ of an ounce troy. ‘Bread made in this manner,’ says the writer, ‘contains nothing but flour, common salt, and water. It has an agreeable natural taste, keeps much longer than common bread, is more digestible, and much less disposed to turn acid. Common bread, like every thing that has been fermented, ferments easily again, to the great discomfort of many stomachs; and not only so, but as ‘a little leaven leavens the whole lump,’ it communicates a similar action to all the food in contact with it. Unfermented bread being free from this defect, is beneficial to those who suffer from headache, acidity, flatulence, eructations, a sense of sinking at the pit of the stomach, or pain after meals, and to all who are subject to gout or gravel. It is also useful in many affections of the skin. These remarks apply to both varieties of the bread, but especially to the brown, which is further invaluable to all who are liable to constipation from torpidity of the colon, or large intestines—the common infirmity of the sedentary, and those who have been accustomed to oatmeal diet in their youth.’ Of unfermented bread we know nothing besides what is stated in its favour in this pamphlet, excepting that an intelligent friend assures us of his having experienced much benefit to his health from the use of it during the last twelve-month. It is certainly, however, very desirable, for another reason, that unfermented should be, as far as possible, substituted for fermented bread. At present, owing to the process of fermenting this aliment, the life of the operative baker is one of the most slavish known in our country. It is distressing to think of the misery and hardship incurred by a portion of our fellow-creatures in producing the bread laid on our tables every day. We used to associate sugar with the blood and tears of the negroes: we might, with equal justice, connect hot rolls and snowy loaves with the sleepless, harassed lives of a portion of our own population. Could we agree to use unfermented bread, the slavish life of the baker would be at an end, for bread could then be made in two hours, where eight are now necessary.”

WHITE BREAD OR BROWN?—The general belief is that bread made with the finest flour is the best, and that whiteness is the proof of its quality; but both these opinions are popular errors. The whiteness may be, and generally is, communicated by alum, to the injury of the consumer; and it is known by men of science that the bread of unrefined flour will sustain life, while that made with the refined will not. Keep a man on brown bread and water, and he will live and enjoy good health; give him white bread and water only, and he will gradually sicken and die.—*Instructions for Making Unfermented Bread, by a Physician.*